

**FRAUEN-NOTRUF**  
(Emergency Helpline For Women)  
**Consultancy and Specialist Centre  
for Cases of Sexual and Domestic Violence**

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**Is any of the following situations familiar to you?**

- Ms A. (26) was beaten up by her husband last night. Not for the first time. A neighbour called the police, who banned the husband from their home for 10 days. Now Ms A. doesn't know how to go on. She's from Nigeria and has been in Germany for only one year. She is worried that her residence permit might be revoked if she leaves her husband.
- Ms B. (35) separated from her violent husband a year ago. He keeps stalking her though, and threatens her. Further, he is attempting to get sole custody of their joint children.
- Ms C. (51) has been harassed by phone and texts for weeks by a colleague from work. She has already told him clearly several times that she is not interested in any private contact.
- Ms D. (44) was sexually abused by her sports coach as a child. She feels terribly burdened by anxiety, nightmares, and problems in relationships with men.
- 16-year-old E. was raped after a party by a boy of the same age. Now she has feelings of guilt. Her disgust and embarrassment have driven her to consider suicide.

These are only a few examples of the violence women experience. A great number of women are affected by humiliation, physical, sexual or economic violence from men.

**Have you experienced similar situations?**

**Or do you know women who are affected and would like to help?**

**We are ready to give you our support!**

Do you live in the Göttingen region? Then we can consult you personally.

Do you live elsewhere? In that case you can find competent contact partners near you under this address: <https://www.frauen-gegen-gewalt.de/de/hilfe-vor-ort.html>

**We are a team** of psychologically, educationally and therapeutically well-trained women, and only women are members of our staff.

## Consultancy and Support

To get help requires courage.

Many women affected are ashamed and have feelings of guilt.

However, the guilty ones are exclusively those who commit acts of violence.

There is no need for you to have to cope with experiences of violence all alone!

**It is your right to be helped!** It does not matter:

- > if the acts of violence happened long ago or are still going on
- > if you want to file a report with the police or not
- > if you think you didn't resist enough
- > what nationality you have
- > what your sexual orientation and identity is

**Our consultancy offer reaches out to women affected by violence, and their persons of reference (female or male).**

Affected girls and boys as well as their persons of reference are given support by *phoenix*, our consultancy centre for children and adolescents ([www.phoenix-goettingen.de](http://www.phoenix-goettingen.de)).

We have time for you, whether we're talking by telephone, via video or personally. We listen to you and take you seriously. In cooperation with you we explore what your options are to end the violence and how you can feel safe and well again. In our talks, we provide you with support as well as information.

We will not urge you to take any concrete measures (e.g. file a report with the police or leave your partner). Any decisions you may take are yours and yours only.

We will not initiate anything against your will.

**We are under obligation of confidentiality.**

**The consultancy is free of charge and can be kept anonymous upon request.**

**An interpreter (female) can be provided if required.**

**Call us under 0551 / 44684**

**or make use of the nation-wide *Hilfetelefon Gewalt gegen Frauen* (violence against women helpline) under 08000 116016. You can find advice there in many languages.**

Women in immediate danger can find shelter at a **Frauenhaus** (women's shelter) any time of the day or night (in Göttingen ☎ 0551 – 52 11 800) or call the **Polizei** (☎ 110). The police can ban an attacker from your home for up to 10 days.